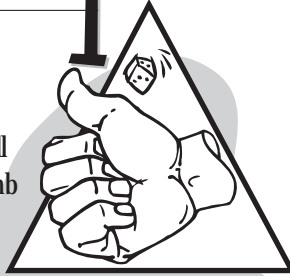


Sizing up Servings

Fats, Oils & Sweets

use sparingly

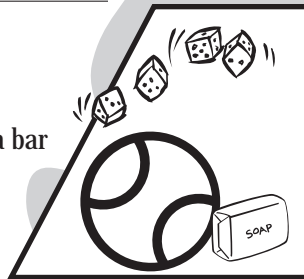
- 2 tablespoons butter, salad dressing, peanut butter or mayo = a ping pong ball
- 1 teaspoon of butter, salad dressing, peanut butter or mayo = the tip of a thumb to the first joint or 1 die (dice)
- 1 ounce of small snack foods (hard candy, etc.) = one handful



Milk, Yogurt & Cheese Group

2-3 servings

- 1 1/2 ounces natural cheese = 3 dominoes, 9-volt battery, or a bar of hotel soap
- 1 ounce cheese = 4 dice, a small block, or 2 saltine crackers
- 2 cup ice cream = tennis ball



Meat, Poultry, Fish, Dry Beans, Eggs & Nuts

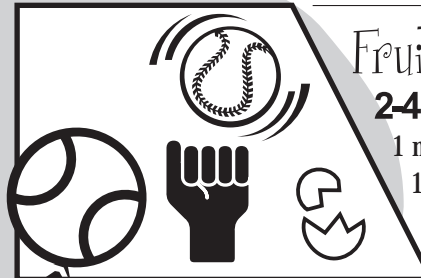
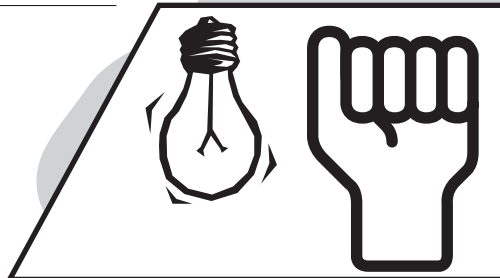
2-3 servings

- 3 ounces meat = deck of cards, a cassette tape, or a bar of soap
- 1 ounce meat = a match box or floppy disk
- 3 ounces grilled fish = checkbook
- 1 ounce nuts = small handful

Vegetable Group

3-5 servings

- 1 cup lettuce = 4 leaves
- 1 cup chopped vegetables = a fist
- 2 cup chopped vegetables = a light bulb



Fruit Group

2-4 servings

- 1 medium fruit = tennis ball
- 1 cup fruit = baseball
- 2 cup chopped fruit = 15 marbles
- 1/4 cup dried fruit = 1 large egg

Other Measurements

- 1 cup = a softball or an orange
- 1 tablespoon = 3 teaspoons



Breads, Cereals, Rice & Pasta

6-11 servings

- average bagel = hockey puck
- medium potato = computer mouse
- 1 cup rice/pasta = walkman
- 1 pancake = a CD
- 1 cup dry cereal = large handful
- 2 cup cooked rice = cupcake wrapper
- 1 ounce pretzels/chips = large handful